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Death boredom begone!

LivesOn thinks it's enough to lose your life, but to lose your ability to tweet is too much to bear

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No? Well how do you expect to get anywhere then? Viral video says coding should be taught in school

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J.R. RIDES INTO THE SUNSET

THE NEW DALLAS EPISODE IS A TRIBUTE TO BOTH THE SERIES' RASCALLY OIL BARON AND THE ACTOR WHO PLAYED HIM

PAGE 7



Members of the Carleton Ravens basketball team celebrate their gold medal win with the W.P. McGee cup after defeating the Lakehead Thunderwolves 92-42 in gold-medal-final play at the Canadian Interuniversity Sport Basketball Final 8 in Ottawa Sunday.

FRED CHARTRAND/THE CANADIAN PRESS

Ravens rout Lakehead

Making history.

Ravens win 9th championship after early 13-point lead against Thunderwolves

The Carleton Ravens men's basketball team entered the history books Sunday, winning their record-breaking ninth championship with a 92-42 victory over the Lakehead Thunderwolves.

"It's a grind, this weekend is a grind," Carleton head coach Dave Smart said. "I'm thrilled that my kids defended the way they defended and worked at the level they worked at all three games. I think we had some struggles through the weekend offensively, but defensively and rebounding-wise I think they battled against different types of opponents."

"I'm really happy, I'm a little surprised at the way we defended. I'm never surprised at what we do offensively, because we can be a little freakish offensively at times, and

we really weren't this weekend, but defensively we've had struggles all year but I think this weekend we stayed within the game plan and stayed pretty focused for 40 minutes."

Ravens forward and tournament MVP Thomas Scrubb was the top scorer with 17 points and eight rebounds.

"I'm just happy that the team won," Scrubb said. "I wasn't worried about my awards or anything. I just played hard and did whatever I could to help this team win."

Lakehead head coach Scott Morrison praised his squad, including guard Greg Carter, who played despite popping his arm out of its socket in the Thunderwolves' previous game.

"He couldn't use (his arm), to be honest," Morrison said. "He's all right hand and I don't think he could dribble with it and that's pretty tough when Carleton's defence is centred around forcing him left. It was a gritty effort, but it shows how we got here."

The Ottawa Gee-Gees beat the Acadia Axemen 92-85 in the bronze-medal game.

THE CANADIAN PRESS



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Police arrest driver in fatal Cumberland car crash

Speed and alcohol are possible factors.

A 54-year-old woman died after a 24-year-old male ran a stop sign and struck her car: Cops



ALEX BOUTILIER
alex.boutilier@metronews.ca

Speed and alcohol may have been a factor in a fatal two-vehicle crash in Cumberland township Sunday morning that killed a 54-year-old woman, police say.

Police and paramedics were called to the intersection of Beaton Road and Dunning Road at approximately 7:43 a.m. Sunday. Ottawa paramedics treated two patients at the site. The woman was pronounced dead at the scene.

The other patient, a 24-year-old man driving the second vehicle, was trapped in his vehicle and required Ottawa Fire Services to extract him.

Paramedics treated the man for what they describe as "serious life threatening traumatic abdominal injuries."

He was treated on scene and transported to the Ottawa Hospital's trauma unit. Just before 4 p.m. police said the man had been released from hospital and was in police custody awaiting formal charges on Monday morning.

Police say the woman who died was travelling northbound on Dunning Road in a Chrysler Sebring.

"At the same time the 24-year-old man was driving an Infiniti eastbound on Beaton Road. The Infiniti failed to stop for the stop sign and entered the intersection (narrowly) missing one vehicle before impacting with the Chrysler. The impact of the collision caused both vehicles to lose control entering the northeast ditch of Dunning Road," police said in a news release.

Police said they would not release the name of the woman who died but did say she was from the Ottawa area, while the man is an Ottawa resident.



The body of a woman is removed Sunday morning after a fatal two-car collision at Dunning Road and Beaton Road near the village of Cumberland. MIKE CARROCCETTO/FOR METRO

Slain officer remembered as 'superman'



Police march in the funeral for Steve Dery at Notre Dame Basilica Saturday. PATRICK DOYLE/THE CANADIAN PRESS

A young constable gunned down in northern Quebec was remembered Saturday as a community-minded "superman" who packed a tremendous amount of living into his 27 years.

Steve Dery, a three-year veteran of the Kativik Regional Police Service — his first policing job — was shot and killed last week while answering a call at a home in the community of Kuujuaq.

More than 800 police officers marched in procession behind a pipe band up Sussex Drive as Dery was accorded full

police honours in the national capital, his hometown.

All police funerals are family affairs, but Dery's had a particular poignancy.

He was the second of three boys born to a former RCMP officer and also has a cousin on the national police force in New Brunswick. One of Dery's brothers is a firefighter in Ottawa.

A massive Canadian flag was hoisted from two aerial ladder trucks over the street outside the cathedral.

While Steve Dery was a dare devil — he's participated in the

running of the bulls in Pamplona, Spain, and liked bungee jumping — he was also well versed in the dangers of policing.

Yet another Mountie, family friend Robert Leclerc struggled to read a letter written this week by the slain constable's Mountie father, Gilles Dery, who called his son a "great police officer. You are a hero."

"You are so complete at 27 years of age," wrote his admiring father.

He recalled his son's prowess at every sport, from hockey to baseball, lacrosse and rugby.

"Thank you for these memories," Leclerc read from the letter, his voice faltering several times. "I'm going to think of you every day."

Dery and his partner came under fire after responding to a call at a residence in Kuujuaq, a village with a population of 2,400, making it the largest community in the region. His partner was seriously wounded.

A woman fled the residence unharmed while the man suspected of shooting the officers was found dead inside the house — an apparent suicide — hours later. THE CANADIAN PRESS

Students find out what it's like to be homeless

Five Carleton students and four University of Ottawa students are camping out in the cold to raise money for Ottawa's Operation Come Home this week.

The students are part of a nationwide initiative called 5 Days for the Homeless, which aims to raise awareness about homelessness countrywide while raising funds to support local homelessness-focused

charities and initiatives.

They hope to raise \$10,000 for Ottawa's Operation Come Home, an organization focused specifically on street youth in the city's downtown core.

"We're giving the money to people who really do want a second chance, and that are going to use the money for something productive," said Meha Sethi, a fifth-year

international-business student who helped organize the event at Carleton.

5 Days for the Homeless was started by a group of University of Alberta students and taken national in 2008. To date, the organization says it's raised about \$985,000. A total of 26 schools are participating from British Columbia to Quebec.

The rules for participants

require them to earn no income, consume only donated food and drink, have no access to technology and to sleep outside for five days and five nights, all while attending class and performing their day-to-day responsibilities.

The last rule is important, Sethi said, because it makes students consider the possibility of their peers being in similar situations.

"Every year, we've had at least four or five students come tell us that they were homeless while they were in school, and the worst part about it was pretending like they just have the same life situation as everybody else," Sethi said.

For more information or to make a donation to 5 Days for the Homeless, visit 5days.ca.

ALEX BOUTILIER/METRO

Cardinal Ouellet earns blessing for pope — but not because they like him

Sexual abuse. Group feels best way to get local scandal noticed is to net Quebecois pope

A Quebec group representing people abused by priests hopes Cardinal Marc Ouellet will be the next pope, though not necessarily because it feels he's the best candidate.

Spokesman Carlo Tarini says a Ouellet papacy would thrust a number of sexual-abuse cases involving Quebec priests into the spotlight.

"The people here today are not here in jest supporting his nomination as pope," Tarini said at a small rally on Sunday on the steps of a Montreal church.

"They are really hopeful that he is elected, because 1.2 billion Catholics will be made aware of the victimization of children here in Quebec by pedophile priests."

Many at the rally, which included members of other victims groups, said they are hopeful for progress on cases that have long been stalled.

Tarini suggested appointing a mediator between the church and victims, such as former Supreme Court justice Michel Bastarache, who took on a similar role in New Brunswick.

The Quebec-born Ouellet is considered one of the contenders to succeed Pope Benedict.

Ouellet has come under fire from critics who say he didn't do enough to address sexual abuse in his home province.

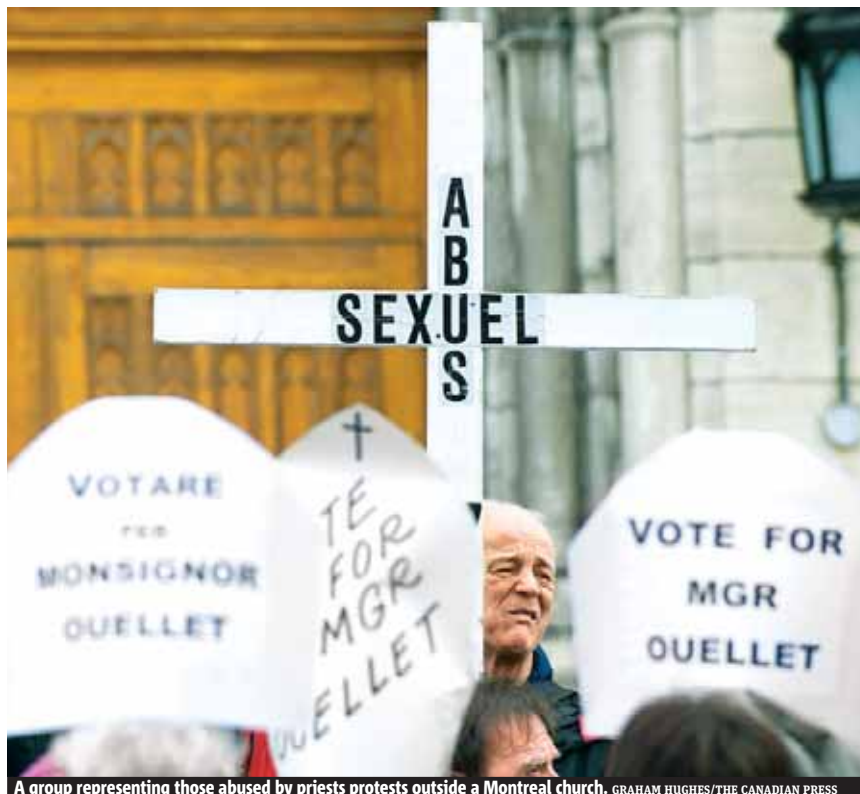
Lucien Landry, head of an organization for abused Quebec orphans, said Ouellet didn't make an effort to work with victims while he was archbishop of Quebec City.

Landry attended the rally but stressed that he doesn't believe things would be any different if Ouellet became pope.

"In our heart of hearts, we don't think he would fix the situation," he said.

In an interview with the CBC last week, Ouellet defended the church's handling of its sexual-abuse scandals and said it had to bear intense public scrutiny.

"But it is not a Catholic problem; it is a human problem," he said. **THE CANADIAN PRESS**



A group representing those abused by priests protests outside a Montreal church. GRAHAM HUGHES/THE CANADIAN PRESS

Personal life

Family fears papal win

The papal front-runner is also known for fancying moose-steak dinners, eating dessert off a sibling's plate and gunning his uncle's tractor until it broke — though he is also remembered for nearly burning down the family barn.

If he becomes pope, however, Cardinal Marc Ouellet's family fears such intimate moments will be lost forever.

"We're quite frank about it as a family — we would prefer to have a brother," his younger brother, Roch, said in an interview in their hometown of La Motte, Que.

Marc sent a message to his family last month, instructing them to think of their 90-year-old mother's well-being during what he predicted would be an inevitable media storm.

Pardon backlog to last for years

The Parole Board of Canada has begun to tackle a backlog of almost 22,000 pardon applications, many of which have been stuck in limbo for years.

The backlog is expected to last for another two years.

All the files pre-date the March 2012 omnibus Conservative crime bill, when the Harper government quadrupled the application fee to \$631. Those

who applied under the higher fee are at the front of the line.

Public outcry over a controversial pardon led Parliament in June 2010 to beef up the system by making the Parole Board grant no pardon that could bring the administration of justice into disrepute.

A three-strikes rule was proposed, so that anyone with more than three convictions

for indictable offences with two-year sentences could never be pardoned. Certain offences, such as sex crimes against children, were made ineligible.

The crime-free cooling-off period after a sentence was served was increased to five years from three for lesser offences and doubled to 10 years from five for indictable offences. **THE CANADIAN PRESS**

Origin

The backlog is the result of a crackdown sparked by a single case. In May 2010, it was revealed that Graham James, a former junior-hockey coach convicted of sexually assaulting players, had been pardoned years earlier.

Resource control

Harper heads north for talks to give N.W.T. new powers

Prime Minister Stephen Harper will travel to Yellowknife Monday to mark the end of talks granting province-like powers to the Northwest Territories.

The deal, which has

been a top agenda item for territorial premiers stretching back two decades, will put control over northern resources in the hands of northerners for the first time. It will also give them a big chunk of the royalties those resources produce, money that will also be shared with the N.W.T.'s aboriginal governments.

Monday's draft will then go out for public consultation. **THE CANADIAN PRESS**

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Bombings. Taliban and U.S. are colluding to instil fear in Afghans: Karzai

Afghan President Hamid Karzai on Sunday accused the Taliban and the U.S. of working in concert to convince Afghans that violence will worsen if most foreign troops leave — an allegation the top American commander in Afghanistan rejected as “categorically false.”

Karzai said two suicide bombings that killed 19 people on Saturday show the insurgent group is conducting attacks to demonstrate that international forces will still be needed to keep the peace



Hamid Karzai THE ASSOCIATED PRESS

after their current combat mission ends in 2014.

THE ASSOCIATED PRESS

Climate change

North Pole going South: Study

Newly published research says climate change has already altered seasons in the Arctic to make them more like southern regions.

And while tundra plant communities are already be-

coming shrubbier, scientists behind the paper say there's no way to predict what's going to happen as the change continues.

It's long been known that climate change is proceeding more quickly in the Arctic than anywhere else — about twice the global average.

THE CANADIAN PRESS

Deaths of foreign hostages in Nigeria confirmed



A man reads a newspaper in Kano, Nigeria, Sunday. The Islamist group Ansaru used the presence of U.K. warplanes in the country's capital, which the U.K. claims were ferrying troops in support of the Mali intervention, as a partial excuse for allegedly killing seven foreign hostages. SUNDAY ALAMBA/THE ASSOCIATED PRESS

Radical Islamists. Militant group says seven were killed because of suspected rescue efforts

Radical Islamic fighters killed seven foreign hostages in Nigeria, European diplomats said Sunday, making it the worst such kidnapping violence in decades for a country beset by extremist guerrilla attacks.

Nigeria's police, military, domestic spy service and presidency remained silent over the killings of the construction company workers, kidnapped Feb. 16 from northern Bauchi state. The government's silence only led to more questions about the nation's continued inability to halt attacks that have seen hundreds killed in shootings, church bombings and an at-

tack on the United Nations.

The latest victims were four Lebanese and one citizen apiece from Britain, Greece and Italy.

Britain and Italy said all seven of those taken from the Setraco construction company compound had died at the hands of Ansaru, a previously little-known splinter group of the Islamic sect Boko Haram. Greece also confirmed one of its citizens was killed, while Lebanese authorities didn't immediately comment.

Italy also denied a claim by Ansaru that the hostages were killed before or during a military operation by Nigerian and British forces, saying there was “no military intervention aimed at freeing the hostages.”

“We note that the terrorists never communicated or formulated demands to release the hostages,” said Greece's foreign ministry, which also denied any military raid took place. THE ASSOCIATED PRESS

Ask the Experts

Tips from an Insider

Thinking of selling your old Gold and Silver? You Should, But Be Smart About It.

Over the past five years, the price of gold and silver has seen a dramatic increase. Over the past couple of years, you no doubt, have noticed an increase in the number of companies eagerly willing to take that old gold and silver off your hands for you.



My name is Matthew MacQuarrie. I am the President of Recycle Frog, and yes, we buy gold and silver. I began working with precious metals at the Royal Canadian Mint, and later went on to hold a Vice President position with one of the world's largest refining groups. If you're considering selling gold and silver, whether you decide to deal with us, or not, consider the following tips.

They may just be worth their weight in... nah, I won't go there.

Deal Locally: Local companies depend greatly on word of mouth advertising and are much more likely to treat you fairly. A company that simply travels city to city will often take advantage of potential customers whenever possible. The reason is simple, typically buyers are paid on commission, (so the lower your payout, the higher their payout). And why not, it's not like they're ever going to see you again. Harsh but true.

Don't Let the Material Out of Your Sight: Many gold buyers will lure you to their location and ask

you to wait while one of their “experts out back” determines the value of your material. Negotiations then take place while your material is no where to be seen. This approach is often accompanied with the “hard sell”. In the worst cases, customers have even reported missing items after material is returned. Avoid putting yourself in this position.

Guaranteed Highest Payouts!!! v.s. Being Treated Fairly: Remember what your mother told you, “If it sounds too good to be true..”: Most of the advertising our industry uses is aimed at the side of all of us. Everybody wants the most money, but the fact is, no one in this business is doing it for free. In my experience, the companies boasting the loudest about their payouts are usually the ones paying the least, regardless of their “posted rates” or “highest price guarantees”. So be realistic,

and deal with a company that has a good reputation.

There is no question, selling gold and silver at current prices, just makes sense. And, our industry is like any industry, there are good companies and there are bad companies. Recycle Frog has always prided itself on providing consumers with relevant information and treating its customers fairly. For more information or to schedule and evaluation please visit recyclefrog.com or

call 613.755.4030 to find out about their upcoming events or to schedule an in-office appointment. You'll be glad you did.



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Need a fixer-upper?

Homes damaged by Superstorm Sandy are hitting the market, some at big discounts

It sounds like the premise for a new reality TV series: Hurricane House, in which people would scour waterside communities in New Jersey and New York looking to buy homes damaged by Superstorm Sandy at a deep discount.

While there are bargains out there, ranging from 10 per cent off pre-storm prices for upscale homes on New York's Long Island and the Jersey Shore to as much as 60 per cent off modest bungalows in Staten Island and Queens, it's still very much a game of buyer beware.

Not only are buyers on the hook for repairs and in some



This Oct. 30, 2012, file photo provided by the U.S. Air Force shows an aerial view of the devastation along the New Jersey shoreline following Superstorm Sandy. Increasingly, homes damaged by Sandy are being put up for sale.
MASTER SGT. MARK C. OLSEN/U.S. AIR FORCE/THE ASSOCIATED PRESS FILE

cases total rebuilds, they're also wading into a host of potentially expensive uncertain-

ties about new flood maps and future insurance rates, zoning changes and updated building

codes.

"It's totally changed the way I sell real estate," said

Quoted

"They either don't have the funds or don't have the energy to go through the renovating and rebuilding process."

Jeff Childers, a broker with Childers Sotheby's International Realty in Normandy Beach, N.J., explaining why some homeowners with Sandy-damaged properties are choosing to sell their houses rather than rebuild.

Lawrence Greenberg, a sales associate with Van Skiver Realtors, whose own Mantoloking, N.J., office was wrecked in the storm.

Prior to Sandy, prospective buyers rarely mentioned issues such as flood maps and building elevations until the matter of flood insurance came up — often at closing. "Now, everybody asks the question of elevation," Greenberg said. Even if potential buyers plan to tear down and build new, they ask about the pending changes in flood maps proposed by the Federal Emergency Management Agency, because flood insurance rates will depend upon the new zones.

The number of for-sale listings in January in the 380 zip codes hit by the storm was about two per cent below the same time last year, according to online real-estate information company Zillow Inc. That indicates that most homeowners are rebuilding, or have not yet decided how to proceed.

But real-estate agents in New York and New Jersey say the majority of homes for sale in these areas have some damage from the Oct. 29 storm, and it appears to them that a rising number are being put on the market as the spring home-buying season approaches. **THE ASSOCIATED PRESS**

#notdeadyet. Bored in the afterlife? Just keep on tweeting

Twitter fanatics can now rest in peace comfortably knowing that they can continue to tweet from beyond the grave.

Drew Matthews, 35, an avid Twitter user from Toronto, is among those who have signed up for a project that keeps a Twitter user's account going after they die.

LivesOn, being developed by British ad agency Lean Mean Fighting Machine, will set up a second Twitter account that will add "LIVESON" to the user's current handle and study tweets, favourites, retweets, and even writing style in order to eventually begin replication.

Matthews says he tweets about 10 times per day and wonders how LivesOn will be able to mimic his style. "Sometimes tweets are just movie or song quotes and sometimes it's situational," says Matthews.

"I tend to complain about a lot of stuff so I don't know if (my LivesOn account) will be complaining until the end of time or if it knows I've tweeted about songs and it picks out other lyrics to post."

Dave Bedwood, a LivesOn spokesman, says the accounts



An ad agency in the U.K. has created a project called LivesOn, which sets up automated Twitter accounts that will learn to mimic a user's tweeting style — and then keep tweeting after the original user is dead. **ISTOCK**

will begin generating tweets while the user is still alive as it continues to improve its mimicking of the user's syntax.

"Once people get over the death question, there's the fact that this will be very useful for the living," he says.

LivesOn accounts will be private and will only have one follower: the user that it's mirroring. When the user is deceased, a family member or close friend can decide whether to make the account public so that tweets can continue to be generated from the afterlife.

THE CANADIAN PRESS

Packaging rules

Feds may hit back over U.S. meat-labelling plan

Ottawa is warning Washington it may retaliate if the U.S. brings in a more restrictive trade rule on how beef and pork product exports are labelled. A U.S. Department of Agriculture proposal calls for foreign producers to list on the package of meat products where the animal was born, raised and slaughtered, as well as other packaging restrictions. **THE CANADIAN PRESS**

Trade figures

Lobster remains king of Canada's fisheries exports

The federal Fisheries Department says \$4.1 billion worth of Canadian seafood landed on tables in more than 100 countries last year, with lobster remaining the most valuable export. Fisheries Minister Keith Ashfield said Sunday that Canada exported \$41 million more in fish and seafood products in 2012 than the year before.

THE CANADIAN PRESS

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POTHOLES LURK IN CITY LIFE

The timing's somewhat unfortunate, with interim city tax bills arriving around the same time as the auto-repair estimates for many victims of this year's bumper crop of potholes.

This winter's melt-and-freeze cycle has left its many, many marks on our roads and the vehicles of drivers who brave them. The city last week said crews have already filled in 24,000 holes so far this year, covering the usual heavy traffic routes that suffer the most damage and responding to some 1,600 specific complaints.

Potholes can be shockingly expensive for drivers and potentially even worse for cyclists. For pedestrians, the primary worry this time of year is the filthy splash hazard from the water-filled ones near sidewalks. They're not all created equal, either, and some impressive individual specimens cause enough damage that they almost deserve titles — the Colonel By Crater for example, or the St. Laurent Swallower.

The humble pothole can serve as shorthand for the petty irritations of urban life, and maybe even a unit for measuring them. A missed garbage pickup, with the knowledge that you'll have to hang onto your trash for two more weeks, could



URBAN COMPASS
Steve Collins

ottawa@metronews.ca

be the equivalent of a one-pothole problem; a chronically noisy neighbour might rate nine or 10 potholes over the course of a year.

OC Transpo's reduced March Break schedule might cause a couple potholes' worth of inconvenience in your already bumpy ride this week, similar to the level of frustration faced this week by those caught in the rush to register for city swim and aquafit programs, only to get busy signals and overloaded servers.

The North and East Ontario branch of the CAA helpfully put out a list of tips for motorists dodging the real thing (maintain proper tire pressure, and avoid swerving or sudden braking to avoid a pothole, which can actually increase the risk of damaging your

car). No such handy tips exist for dealing with pothole-equivalent annoyances, which mostly just require a bit of patience, perspective and persistence.

I tripped over perhaps half a pothole's worth of gaps in library hours last week, popping by my local branch Friday morning, only to be reminded that it doesn't open until afternoon on that day. Later, but a little too much later, I tried

Are you having a one- or a two-pothole day?

The humble pothole can serve as shorthand for the petty irritations of urban life, and maybe even a unit for measuring them.

again at the Main Library, only to hit locked doors once more. It was ten minutes past the well-established (but still repeatedly surprising) 6 p.m. last call.

It was a rookie mistake. Library users, after all, have gotten used to a patchwork of opening hours, cracks and divots which it sometimes seems will never be fixed in what is otherwise a remarkably good system. Sundays in the summer are still no-reading zones at all branches, as current budgets and priorities don't permit any hours.

Everyone encounters their own personal little potholes in city services. They're unwelcome but inevitable, and some get faster fixes than others. You'll find your own, depending on your path, and they're generally not much more than a teeth-clenched bump. Little obstacles can add up, though, and they're nothing mundane or minor about the specific pothole — whether in the road or in your day — that you actually hit.

ZOOM

Outlook bleak two years later



Post-tsunami Japan anything but clean

Two years after the triple calamities of earthquake, tsunami and nuclear disaster ravaged Japan's northeastern Pacific coast, debris containing asbestos, lead, PCBs — and perhaps most worrying — radioactive waste due to the crippled Fukushima Dai-ichi nuclear plant looms as a threat for the region.

So far, disposal of debris from the disasters is turning

out to have been anything but clean. Workers often lacking oversight, training or proper equipment have dumped contaminated waste with scant regard for regulations or safety, as organized crime has infiltrated the cleanup process.

Researchers are only beginning to analyze environmental samples for potential health implications from the various toxins swirled in the petri dish of the disaster zone — including dioxins, benzene, cadmium

and organic-waste-related toxins, said Shoji F. Nakayama of the government-affiliated National Institute for Environmental Studies.

Gangsters have long been involved in industrial waste handling, and police say they suspect gangsters are systematically targeting reconstruction projects, swindling money from low-interest lending schemes for disaster-hit residents and illegally mobilizing construction and cleanup workers.

THE ASSOCIATED PRESS

Fukushima

"Everyone, from bureaucrats to construction giants to tattooed gangsters, is trying to prey on decontamination projects. And the government is looking the other way."

Nakamura, who only wanted to be identified by his last name out of fear of retaliation, said of the corruption that has plagued the restoration process.

Clickbait

Rumours are spreading like mustard on social media sites about 'secret menus' at your favourite fast food chains. Here's what you won't see featured. But shhh!

Mc10:35

Although the company insists otherwise, McDonald's does have many items on the underground menu, according to social media sites. One is the Mc10:35 — which is the inside of a McDougle burger, minus the bun, inserted into an Egg McMuffin. It can only be ordered at 10:35 a.m., during the shift change from breakfast to lunch.

McGangbang

A bold order to ask from anyone — especially your McDonald's cashier — the McGangbang is a double cheeseburger with a chicken patty in



between two beef patties.

Suicide Burger

Worried it might be your last meal? Take a bite into Burger King's suicide burger, composed of four beef patties, four slices of cheese, bacon and BK's special sauce.

Enchirito

This might be the worst-kept secret: Taco Bell has loads of items on the secret menu. One popular choice is the enchirito. It's the regular enchilada, stuffed with beef, beans, cheese, diced onions and red sauce.

Letters

Re: The Other F Word, published March 8.

In the small article by Delia MacPherson, your author undermined herself, women and men by perpetuating a stereotype that is highly untrue.

In it she says "... men and women are equal in every right with the exception of maybe physical strength."

Women are equal in this respect because training equals

far more strength than what you naturally have.

Additionally, there are men who are not naturally strong or muscular who are discounted by such a statement.

Women who have naturally muscular body types and are built like line backers are made to feel fat, weak and like they should not do sports while men with lean body types are made to feel less masculine and therefore wrong and bad.

Heather Wilson, Toronto

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawalatters@metronews.ca



Tonight's episode of Dallas has the characters attending a wake and funeral for J.R. Ewing. Actor Larry Hagman, who played J.R., died of cancer in November. HANDOUT

2 SCENE

Dallas bids farewell to its magnificent villain

Celebrating Hagman.

Tonight's episode of TNT's revival of Dallas is a fitting tribute to the man behind one of TV's worst scoundrels

Who killed J.R.?

That's the mystery propelling Dallas through the rest of its second season as a TNT revival.

And that question hangs heavy in the upcoming episode (airing Monday at 9 p.m. EDT), which confirms the sad truth every viewer knew was coming: glorious scoundrel J.R. Ewing has died, after decades of living-on-the-edge infamy dating back at least to 1980, when he was gunned down in his office and left for dead, leaving every viewer wondering who shot J.R.

J.R.'s fate was sealed this time by the intrusion of reality. In November, Larry Hag-

man died of cancer at 81. And when he died, he took J.R. with him.

So the new episode — surely the first without Hagman's deliciously vile presence — stands as a fitting tribute both to him and to J.R., complete with a wake and a funeral for the rascally oil baron. Even the oh-so-familiar theme music is rearranged from its quickstep tempo to a dirge. The message of this episode,

Remembering J.R.

J.R.'s memorial takes place at the Dallas Petroleum Club, where high-powered mourners flock to bid him farewell. Here are real-life local swells, including Dallas Cowboys owner Jerry Jones and Dallas Mavericks owner Mark Cuban. Here are Dallas characters from way back, including former wild child Lucy (Charlene Tilton), J.R.'s niece; Ray Krebbs (Steve

Kanaly), the illegitimate son of J.R.'s father; and Gary (Ted Shackelford), the "black sheep" brother who left Dallas for a long life on series spinoff Knots Landing. But the embittered John Ross isn't buying that any of the gathered have a kind thought for his father: "Half these people are here to make sure he's dead. The other half are here for the free drinks."

Last Monday's episode featured the last, brief appearances by a visibly frail Hagman. There were three isolated scenes with J.R., who for reasons unknown had gone missing from Dallas. But the action mostly swirled among the other characters as they squabbled over Ewing Energies, which has pitted cousins John Ross (played by Josh

Henderson) and Christopher (Jesse Metcalfe) in a battle for its control.

In his final scene, near the end of the hour, J.R. was glimpsed at an undisclosed location on the phone with John Ross.

"Don't you worry, son, I've got a plan," J.R. told him. "It's gonna be my masterpiece. Because you shouldn't have to pay for my sins."

"What do you mean?" asked John Ross, struck by J.R.'s rare show of tenderness.

"Just remember, I'm proud of you," said J.R., as John Ross' eyes moistened. "You're my son, from tip to tail."

But at that moment, John Ross heard gunshots. He screamed into the phone, "Dad! Dad!"

Who shot J.R.?

"I need to know who killed my father, and why!" snaps John Ross in the new episode.

Sue Ellen, his mother and J.R.'s long-suffering ex-wife (played by Linda Gray), hoists a Dallas directory and reminds



him, "Half the people in this phone book wanted to."

Yes, J.R. had legions of enemies with scores to settle. But who among them did the deed? And why did J.R.'s time run out, in all places, in a room at a Mexican flophouse?

The task for Dallas to outlive J.R. Ewing is huge. Rest in peace, Larry Hagman. But there better be no peace on this show in J.R.'s absence if it hopes to survive its magnificent villain.

THE ASSOCIATED PRESS

The Word

Megan Hilty putting on a plain, public personality

THE WORD
Meredith Engel
scene@metronews.ca

Ivy Lynn, the emotional and outspoken would-be starlet on NBC's *Smash*, would never waste a moment in the spotlight.

But when we caught up with Megan Hilty, the actress who plays the dynamic character last Friday directly following her Carnegie Hall debut singing along with the New York Pops, we learned that her public persona is practically too perfectly polished, as if erring on the side of forgettable. After all, she kicked off the show by claiming that it was "literally a dream come true," and the clichés didn't end there.

What did it feel like to take that illustrious stage?

"It's great to be in front of a live audience again."



Was she nervous about performing as herself, rather than playing a character?

"That's the beauty of live theatre, I'm never going to be perfect."

Would she be willing to get competitive if she had to face off against *Smash* co-star Katharine McPhee for a role, mirroring the ongoing theme on the show?

"No, we all love each other."

And how would Ivy handle getting a solo concert at Carnegie?

"She probably would have had many more costume changes than I did."

Wait, did she just confirm

our thoughts that her fictional persona would make a more memorable impression? The most interesting "confession" came when the actress slyly revealed that she does in fact sit down to watch her own show air on Tuesday nights during a dialogue with Pops conductor Steven Reineke mid-show. Thankfully, we did witness a glimmer of that big Ivy personality when the blonde was visibly relieved to confirm that the bottle of champagne sitting nearby at the after-party was reserved for her. We can relate to any woman who puts her stiletto down when it comes to the serious issues, like getting her hands on a well-deserved glass of bubbly.

But here's our advice for Hilty: take a page from the *Silver Linings Playbook* of present media darling and recent Oscar-winner Jennifer Lawrence; the way to charm the pants off press and public alike these days is apparently less class, more sass.

Maybe we should have just hung around until after Hilty polished off that champagne.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Lindsay Lohan. ALL PHOTOS GETTY IMAGES

Lohan rejects latest plea deal

Prosecutors in Lindsay Lohan's latest legal battle have reportedly offered the troubled starlet a plea deal that would let her avoid jail time — but she doesn't want it, according to TMZ.

Sources tell the website that if Lohan agrees to plead guilty to as-yet-unspecified

charges, she'd only have to serve 90 days under house arrest and attend a mandatory rehab program. But Lohan is reportedly adamant that she will avoid any punishment whatsoever and has rejected the plea deal, the sources say.

Her trial is set to begin March 18.

Twitter



@johncusack

pressing legal matters beckon. writs being jammed under my door— not really but sounds dramatic



@Pink

I think this daylight savings time is really stupid and rude. I'm tired so screw you spring ahead!!!!



@SethMacFarlane

Drink ten cups of coffee and download "Dizzy Fingers" by the Carpenters. You will never need cocaine



Miley Cyrus

Miley Cyrus denies her wedding is cancelled

While her fiancée, Liam Hemsworth, is in his native Australia spending time with family, Miley Cyrus finds herself doing damage control, taking to Twitter to quash rumours that their relationship is in trouble.

"I am so sick of L.A. And sick of the lies that come with it," she posted last week. "I didn't call off my wedding."

Of course, being spotted out and about in Hollywood without her engagement ring on probably doesn't help. But a source assures *El News* that all is well in the Hemsworth-Cyrus household.

"She is not listening to what everyone is saying about her and Liam," the source says. "Everything is fine between them, as far as I know."



Justin Bieber

Bieber can't stand stench of paparazzi

With Justin Bieber's bummer of a week in London behind him, at least one mystery has been solved: the Canadian pop star's penchant for wearing a gas mask in public.

"The gas mask Justin has been wearing around London is a joke between his friends, but people are starting to take it seriously," a source tells *Us Weekly*.

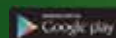
"All his friends take turns wearing it as a joke to throw off the paparazzi. It's not a serious thing, they're just having fun around London with it."

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metro

Dental

Protect your baby's first teeth

We don't usually associate cavities or gum disease with infants, but in reality, oral diseases can begin early. For example, early childhood caries is a form of severe tooth decay in the baby teeth of children from birth to age three.

It affects more than 10 per cent of preschool-aged children in Canada.

Parents can reduce the risk by following these simple care tips with your little one.

- Wipe baby's mouth and gums with a clean, wet cloth or piece of gauze after feeding.
- Gently clean newly erupted teeth with a small, soft toothbrush.

- Avoid fruit punches and other sweetened drinks in baby bottles, especially before bed.

- Rinse baby's mouth with water immediately after any liquid medication is given.

- Avoid transfer of your saliva onto items used by baby, including bottles, cups, pacifiers.

- Begin regular dental visits by



Baby teeth are important to healthy adult teeth. ISTOCK

age one. NEWS CANADA

Exclusively online

Apparently getting a Soho House membership is child's play versus snagging you a spot in the toddler room at Alphabet Academy. Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices



One, two, three ... break!

Spring break. It's not a reason to let the kids run wild, so stay calm and formulate a plan



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Just because the kids are on a so-called "break" doesn't mean you get to take a break from being a parent — I've tried. Personally, I like calling it March break instead of spring break. That's mostly because it's more descriptive in terms of the timing of it, but also because it serves as a reminder that we can, as parents, at any point during this "week off," demand that our kids "march." To their room to clean it up, to the dinner table without complaining, to the shower when they start

Congratulations

Kathy Buckworth's latest book, *I Am So the Boss Of You: An 8 Step Guide To Giving Your Family The "Business",* has been optioned for a TV sitcom.



Talk to other parents to see if they'd be willing to combine some of the activities you have planned. ISTOCK

to smell and to the front door to get outside and start shovelling away that "spring" snow.

March break doesn't mean breaking the rules or the routines — in terms of bedtimes, meals and, let's face it, personal hygiene — but it can be a great time to break out some new activities that don't normally fit into your schedule.

If you have more than one child to organize during the week, have a discussion with all

of them to find out what they'd like to do, beyond just "not go to school." But do your own research first. Look up a few free activities (start with community events) so you'll have some easy and cheap suggestions to make to them.

Check out what (appropriate) movies will be playing, find out the hours and rates of pay-for activities at the bowling alley or roller rink near you and look into whether your lo-

cal public swimming pool has special events or hours in place during the break.

Talk to other parents to see if they want to either join you and your kids for some of your activities, and also if they'd be interested in trading off some time so that you can both get done what needs to get done during the week. Laundry and grocery shopping don't go on holidays! Trust me, I've also tried this.

Resist the temptation to let the kids stay up late as a treat, as it can be tough to get them back into regular bedtimes on the Sunday night before school starts up again, let alone having to deal with an overtired and under-eager student the next morning. You'll be ready for a break from the break by then yourself. **KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.**

Return of the disruption that is daylight time



Kids and teens could be affected by daylight time for up to a week. ISTOCK

The idea of the hour of sleep we lost this past weekend may seem daunting to adults, but experts caution the return to daylight time could be more disruptive for kids and teens.

Younger Canadians are a notoriously sleep-deprived group, they said, adding that "spring forward" has the potential to bring even more disorder to unstable nighttime routines.

Dr. Shelly Weiss, a pediatric sleep expert with Toronto's Hospital for Sick Children, said kids and teens can feel the ef-

fects of losing a single hour of sleep for up to one week.

"It's harder to adjust in the spring because you're going forward, but if parents already have good routines, it's pretty simple to change," she said in a telephone interview.

To get kids into bed earlier, Weiss recommends removing laptops, cellphones and other electronics from the bedroom.

Such a move would eliminate potential bedtime distractions while also creating a darker room that's more conducive

to sleep, she said.

Weiss said research suggests a quarter of parents report that their children have trouble sleeping, a phenomenon she chalks up in part to poor sleep habits.

"Unfortunately there are many children who don't have a regular routine or a regular sleep and wake time," Weiss said. "It gives you a good chance to think about how you could improve that around daylight savings in an ongoing way."

THE CANADIAN PRESS

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Chicken's dressed to impress in this avocado salsa dish



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE
REISMAN
life@metronews.ca

This is a beautiful looking (and tasting) chicken dish to wow your guests. The salsa has a fresh taste, and the contrasting colours are beautiful. For a more formal dinner, make this with chicken supreme — the breast with wing attached.

A student chef gave me a great tip to prevent avocados from going brown. Before cutting the avocado and without piercing it, heat it on high in a microwave for 30 seconds. It truly works!

Serve the chicken alongside grilled vegetables.

1. One at a time, place chicken breasts between sheets of waxed paper and pound to an even 1/2-inch thickness. Dust with cornstarch.

2. Spray skillet with cooking oil, add vegetable oil and place

over medium high heat. Cook chicken, turning once, 8 minutes, or until no longer pink at centre. Place on a serving dish.

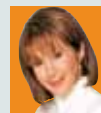
3. To make the salsa, combine the tomatoes, avocado, cilan-

tro, olive oil, juice, garlic, honey and hot sauce.

4. Spoon the salsa over the chicken before serving. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

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Hungry Man Roasted Carved White Turkey

500 calories / 14 g fat
The turkey, mashed potatoes, stuffing and apple cranberry dessert is a better choice with fewer calories and half the fat.

Your career search starts with a click

Hunting with a net.

The job search has moved from the want ads to the World Wide Web. How do you plan to get with the program?

KELLY PUTTER

CareerBear.com

Searching for work online is much easier than back in the wearing-out-your-shoe-leather days, but that doesn't mean there aren't protocols to follow. In fact, engaging in a virtual job search presents a whole new set of rules.

Here, according to Dr. James Norrie, a social media guru in Toronto, are some dos and don'ts for online job hunters:

Don't dismiss social media as a frivolous fad for teens

Larger Canadian employ-



A quick button to blur your online past does not exist. Take your time to tidy things up. ISTOCK

Online oopsies

Don't get caught with your pants down

- If you're cavorting on social media websites, know that privacy is a myth.
- You need to be careful about claiming your love for fascist groups or displaying photos of a half-baked you.
- Don't overexpose personal traits on any social media site that you're not comfortable discussing at work.

ers often banned access to social media websites, especially early on because

Move past the moping

"Searching for a job online is like looking for a boyfriend or girlfriend ... you have to let everybody know that you're available. You're going to have lots of no's but to get a yes, you need to go through that."

Dr. James Norrie
Social media guru

they didn't recognize their business value. "Employers thought it was some kind of fad or trivial toy," says Norrie.

"It's here to stay and people are starting to grasp this."

Don't overlook the power of social media

What gives social media its clout is what Norrie calls the network of networks or the ability users have to access and interconnect with the networks of other people, resulting in a far-reaching web of associations.

Don't be afraid to tell your

network that you're job searching

Fewer and fewer jobs are advertised so you need to learn how to find and work the hidden job market. And, according to Norrie, LinkedIn is the number one hidden job network.

Use the power of your network and let people know you're actively looking for work. Share your credentials, talents and experience. Ask your connections to open up their networks to you. Research shows that job opportunities are often twice removed — somebody who knows somebody you know leads to the job.

Do manage your online reputation

Google yourself and see what pops up. And don't be relieved if it's nothing. Norrie says it's not that difficult to become irrelevant in the digital world.

The question you need to ask is how can I make sure what's there is what I want to be there? Companies such as Reputation.com can manage your online reputation.

"You have to be aware that social media is becoming a go-to destination for consultants and HR people. The world of social media is not going away and we're

all going to need to master what that means."

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.



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No code in class? It just doesn't compute

To tech with it. Should schools teach students how to code? Viral video suggests yes

JULIA FURLAN

Metro World News

In the grand tradition of sci-

ence fiction, it is time we accepted it — computers have taken over.

So says Bronwen Grimes, a technical artist at Valve.com and one of the many young entrepreneurs featured in a video in support of programming curriculum in schools by the nonprofit Code.org. The video has gone viral, reaching over nine million views in one

week.

"Computers are everywhere," Grimes says. "You want to work in agriculture, entertainment, manufacturing — it's just all over."

The video's contributors make the case that programming helped them learn how to problem solve and that anyone can do it.

Professor Lev Manovich

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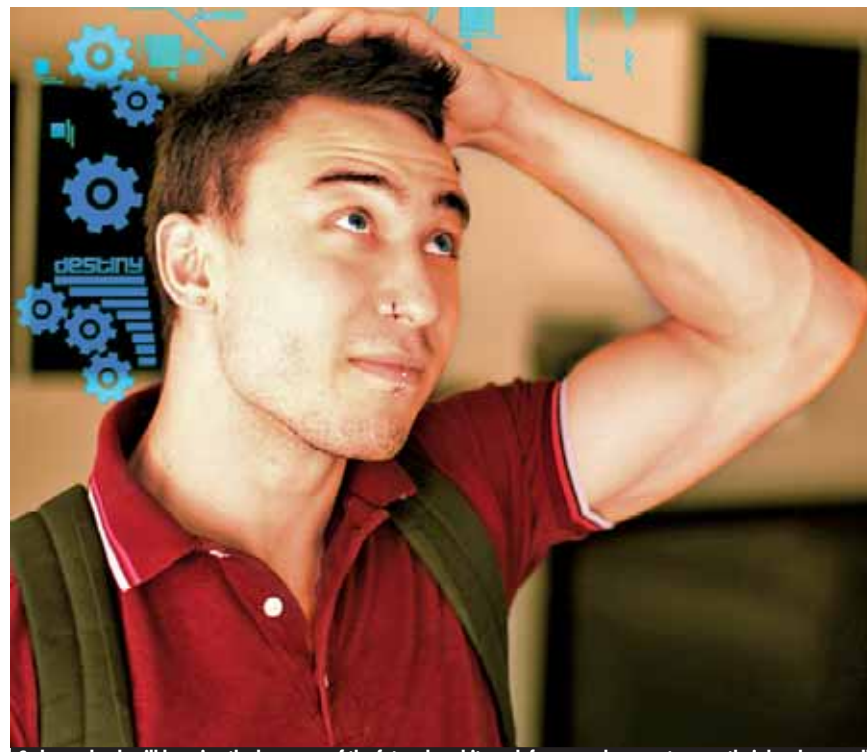


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Code overload: will learning the language of the future be a bit much for young learners to wrap their heads around? ISTOCK

teaches computer science at the CUNY Graduate Center and writes about technology and culture. He says that countries like China are getting ahead of the United States by teaching programming in high school, and that students should be taught not

only how to code, but how to understand programming concepts like how a web browser or a search engine works.

"I think we need to take a larger and more expansive view that coding is not just

the only thing you need to know. It's one element and there's a difference between writing a program that has five lines and learning how Gmail works — a program with five million lines of code," he says.

Success on a screen

"Computers are everywhere. You want to work in agriculture, entertainment, manufacturing — it's just all over."

Bronwen Grimes
Technical artist at Valve.com

Celebrities speak up

The video in support of programming curriculum in schools taps some big forces in software engineering

- Bill Gates, Mark Zuckerberg and Drew Houston make an appearance
- Famous individuals from outside of the computerverse, like singer will.i.am and basketball star Chris Bosh are also featured.

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Get involved without getting invasive

Planning with your pupil. A student's success can be greatly bolstered by an active and attentive parent

Studies show that when parents are engaged in education, their children perform better in school.

But how involved should parents be? Education expert Dr. Nick Whitehead, CEO and founder of Oxford Learning Centres, Inc. offers these tips:

Communicate

Parents need to talk to kids about school every day. Ask specific questions about classes. Rather than asking, "how was school?" ask, "How was math class? What did you learn?"

Know when and who

Parents should know their

kids' schedules and teachers' names.

Know what's next

Use the class syllabus to identify upcoming projects and assignments. If one has not been assigned, ask the teacher for a timeline and post it in your home.

Follow up

The future's so bright

Set goals together

Part of the communication process involves setting academic goals for the school year. Parents can help kids learn to think about long-term outcomes by discussing personal and academic ambitions, big or small.

If there's a quiz on Friday, ask how it went on Monday. If marks are not what they should be, arrange a talk with the teacher and make a plan.

Check in

Parents are encouraged simply to call the teacher to check in and make sure that everything is going

smoothly.

Help with homework

There are a lot of dos and don'ts when it comes to homework help. It boils down to two basic rules: help, but don't do the work for them. Parents should help create a homework-friendly atmosphere where children can focus and get

the work done without getting stressed out or losing motivation.

Don't wait for the report card

Rather than waiting for the first report card or progress report to come home, parents should follow up with issues that come up as they arise.

Model organization

Kids who demonstrate consistent organizational skills at home transfer those skills with them to the classroom. By providing an organized routine at home, parents can help kids become organized in school. Use calendars, planners and agendas.

NEWS CANADA



Keep asking questions and you won't be perplexed when the progress report makes its way home. ISTOCK

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U.S. talent proves too much for Canada

WBC. Jones's eighth-inning hit opens U.S. floodgates as Canada's tournament comes to an end in Phoenix

Canada slipped on the edge of history, giving up a late lead and falling 9-4 to the United States on Sunday in a must-win game that eliminated the team from the World Baseball Classic.

Down 3-2 in the eighth inning, Adam Jones hit a two-run double off reliever Jim Henderson to give the U.S. its first lead of the game before Shane Victorino scored Jones on a single for a 5-3 lead.

Jonathan Lucroy added an insurance RBI and Eric Hosmer hit a three-run double off Canadian closer John Axford in the ninth that put the result beyond doubt.

Canada had pulled to within one after Adam Loewen hit a bases-loaded RBI in the bottom of the eighth inning, but pinch hitter Tim Smith grounded out to end the inning and ultimately Canada's tournament.

"We played a tough game and obviously the U.S. came

On Sunday

9

United States

4

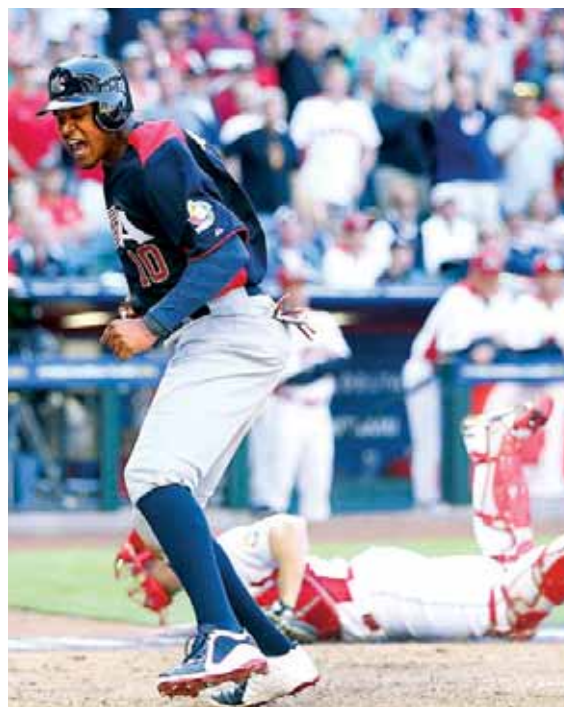
Canada

out on top, but we're holding our heads high," said Canadian outfielder Michael Saunders. "We came to this tournament prepared and we felt like we played well. A few innings didn't go our way, but I think we played well and I think we showed the world that Canada is here to stay."

Canada controlled Sunday's game until Jones's hit, with Saunders hitting a two-run homer in the second inning and Loewen's single putting Canada ahead 3-2 in the sixth.

But U.S. relievers Heath Bell, David Hernandez, Steve Cishek and closer Craig Kimbrel stifled Canada's offence while American batters did the rest.

Canada (1-2), which has never advanced past the first round, began the tournament with a humiliating 14-4 loss to Italy that ended after eight innings due to the 10-



American Adam Jones scores a run in the eighth inning of a 9-4 win over Canada at the World Baseball Classic on Sunday in Phoenix. Canada was eliminated with the loss. CHRISTIAN PETERSEN/GETTY IMAGES

run mercy rule. But the team fought back, literally, in the second game against Mexico

with a 10-3 victory capped by a bench-clearing brawl.

THE CANADIAN PRESS

WBC brawl

Bautista: Canada broke baseball code

Jose Bautista says Canada broke baseball's unwritten code Saturday by trying to run up the score in their World Baseball Classic win over Mexico, regardless of the tournament's tiebreaker rules.

"I'm not buying the fact that teams are bunting when they're up by six because of the rules of the WBC," Bautista told reporters Sunday morning.

"I believe in the unwritten rules of the game. They should be respected. It's a code amongst players, and everybody who plays baseball at a level higher than Little League knows what it is, and there's no excuse."

In the ninth inning of Canada's 10-3 victory over Mexico — they were up 9-3 at the time — Canadian catcher Chris Robinson, of London, Ont., bunted himself aboard to lead off the final frame.

Mexican pitcher Arnold Leon then hit the next batter, Toronto's Rene Tosoni.

The benches cleared and a violent brawl ensued.

Robinson and Canadian manager Ernie Whitt defended the move by pointing out the importance of run-differential in the tournament's rules.

TORSTAR NEWS SERVICE

Rangers make Ovechkin pay for penalties



Brad Richards celebrates his goal with Rangers teammate Rick Nash on Sunday in Washington.

THE ASSOCIATED PRESS

About two hours before the opening faceoff, Alex Ovechkin asked for more respect from the refs.

His day went downhill from there.

Ovechkin was directly responsible for three of the New York Rangers' goals, including a pair after a rare sequence in which he was cited for two penalties with-

in seconds of each other without a stoppage in play.

Derek Stepan, Brian Boyle and Ryan Callahan took advantage of Ovechkin's miscues Sunday to lead the Rangers to a 4-1 win over the Washington Capitals, New York's fifth win in six games.

"When we're parading to the box all the time, we

don't have a hope," Washington's Troy Brouwer said.

Steve Oleksy scored his first NHL goal for the Capitals, who endured a rough weekend against teams named New York. Washington lost 5-2 on the road against the Islanders on Saturday.

On Sunday's rare double call, Ovechkin tripped Cal-

lahan, and then, with the call delayed while New York was pulling the goalie, he dragged down Ryan McDonagh from the side for a holding call.

"I know I trip him, the first one ... but I don't know where he finds the second one," Ovechkin said. "But it cost us the game."

THE ASSOCIATED PRESS

Speedskating

Blondin wins World Cup silver

Ottawa's Ivanie Blondin took silver in the mass start while Christine Nesbitt, of London, Ont., skated to bronze in the 1,500 metres in Sunday's long-track speed-skating World Cup event in Heerenveen, Netherlands. THE CANADIAN PRESS



Ottawa's Ivanie Blondin won World Cup silver in the mass start on Sunday in Heerenveen, Netherlands.

GETTY IMAGES FILE

NBA

Howard leads way as Lakers top Bulls

Dwight Howard scored 16 points and grabbed 21 rebounds, Kobe Bryant chipped in with 19 points, nine assists and seven rebounds, and the Los Angeles Lakers beat the Chicago Bulls 90-81 Sunday.

THE ASSOCIATED PRESS

NHL

Malkin sits after injury vs. Toronto

The Pittsburgh Penguins scratched Evgeni Malkin from Sunday night's game against the New York Islanders after he appeared to hurt his shoulder in the final minutes of Saturday's 5-4 shootout win over Toronto. THE ASSOCIATED PRESS

MLB



"You can't sit there and dwell on it. It's done, it's over."

Toronto Blue Jays starter Ricky Romero who is trying to recover from a terrible 2012 season where he accumulated a 9-14 record with a 5.77 ERA.



Horoscopes

Aries

March 21 - April 20

Today's new moon will be helpful if you have a clear idea of what it is you want. If though you are still confused or undecided it will most likely pass unnoticed. It's not too late to make up your mind.

Taurus

April 21 - May 21

There is no guarantee that what you are about to attempt will succeed but don't let that stop you. Life is an adventure or it is nothing.

Gemini

May 22 - June 21

Everything happens for a reason and if you keep that thought in mind today you won't be too fazed by what occurs. On the work front someone in a position of authority could make you an interesting offer.

Cancer

June 22 - July 23

Try to stand outside yourself and see the bigger picture. If you look at today's events from a purely personal point of view you run the risk of missing something important. Widen your perspective, just a little.

Leo

July 24 - Aug. 23

If there are things about your life and your relationships that you do not like then get rid of them now. Not everyone will be happy with the changes you make but that's all the more reason to make them.

Virgo

Aug. 24 - Sept. 23

What happens over the next few days could turn your world on its head. Just when you thought Lady Luck had forgotten about you she pops up to bring you something nice.

Libra

Sept. 24 - Oct. 23

Don't give up on your plans. What happens this week may cause you to think again about your ambitions but don't use that as an excuse to abandon them altogether. You're still moving in the right direction.

Scorpio

Oct. 24 - Nov. 22

A new moon in your fellow Water sign of Pisces means you can quite easily make your dreams come true. Don't let any kind of negative thoughts take root in your mind today. Think positive. Feel positive. Act positive.

Sagittarius

Nov. 23 - Dec. 21

A loved one may give you a hard time but if you are smart you won't give them a hard time back. It's not you they are annoyed with but life in general. By this time tomorrow the crisis will have passed.

Capricorn

Dec. 22 - Jan. 20

Something you say or do over the next 24 hours could easily be taken the wrong way by someone you love. Do you really have to be so blunt? Think before you speak.

Aquarius

Jan. 21 - Feb. 19

The planets suggest you have been kidding yourself about the real reasons for a failure of some kind. It would help if you saw things as they really are.

Pisces

Feb. 20 - March 20

Today's new moon in your sign will encourage you to believe that all things are possible. It will also encourage you to actually do something creative rather than just think about it. It's time to step up and shine. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Star Wars character, ___ Vader
- Saint-Jean-___-Riche-lieu, QC
- Mom's hubby
- Kleenex-user's sound!
- Coming-___-___ movie
- She gave Odysseus a veil
- Corporate shuffle, in brief
- Cape Breton ___ National Park
- Airport schedule acr.
- SNL alum Kristen
- Stock mkt. debuts for companies
- ___-eyed
- Montreal football players
- "Raiders of the Lost ___" (1981)
- Meas. from a circle's centre
- Rested
- Tries to get a dieter to eat chocolate
- Hectic hosp. units
- Hesitant sounds
- Smudges
- Internet connection letters
- Tom Cruise flick, "___ Maguire" (1996)
- As written
- Type of pan
- Beer brand, ___ Can-adian
- Calder Cup sports org.
- 'Masc' ender (Eye

- makeup)
- "Fancy that." [pl.]
- Activity for Canada Geese in Spring
- Hat
- Gas, for instance
- Hostels
- "___ Maria"
- Shakespeare: Othello's wife

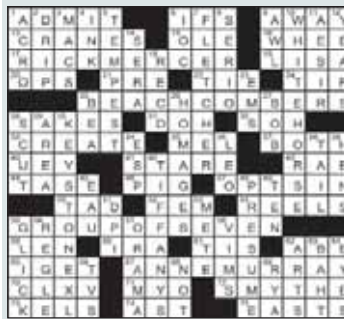
- Fortune Teller's card
- "Hey, no need to over-share!", briefly
- Hair fringes
- Broadcasting now: 2 wds.
- Cul-de-___
- Greek alphabet's 7th letter
- The 'N' of TNT

Down

- Challenged
- Prefix meaning 'Vin-egar'
- US state, ___ Island
- Maple Leafs, on score-boards
- Harry Potter's school
- Droop

- "Gross me out."
- Illuminated the candle again
- They roamed the Badlands of Alberta
- Conjunctions
- ___ and don'ts
- ___ Art Company (Etch a Sketch maker)
- March 11-17: London, ON is hosting the 2013 ISU World ___ Championships
- Limitates
- Varieties
- British peer
- CFL cheers-getters
- Mo. after March
- Via, to a poet
- "Conan" cable network
- Director Mr. Kazan
- VJs network
- Tip to 'thetic' (Man-made)
- "___ the Explorer"
- Governor General of Canada, David ___
- Ems precursors
- Military conflict
- Satellite
- Fibbed
- The ___ (Area of Ottawa)
- "___ little time..." (The quickest way)
- 18-___ gold [var. sp.]
- Intro-to-French verb
- Gas station, ___-Canada
- Hurricane Katrina org.
- Calendar times, e.g.
- Welcome ___
- "Bird ___ Wire" (1990)
- Cuckoo bird type

Friday's Crossword

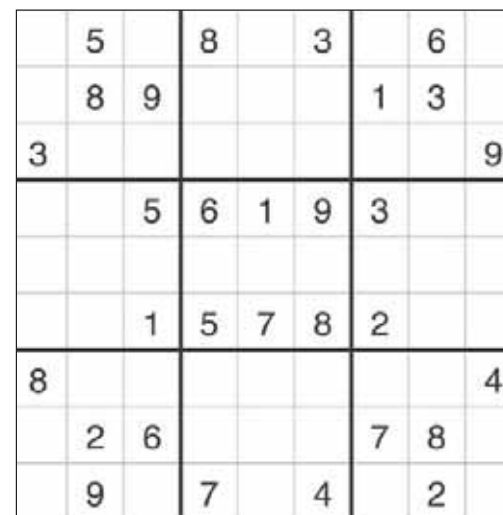


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Today



5°/1°
Partly sunny

Tuesday



6°/-3°
Rain
90%

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